

**SUBJECT:    WELLNESS POLICY**

**Safety/Wellness Committee Members:**

- Patrick Jensen, Superintendent
- Loretta Van Horn, Business Administrator
- Luke Carnicelli, HS Principal
- Chris Clapper, Elementary Principal
- Cathy Haight, AP/AD
- Susan Gloss, BOE Member
- Ann LaFave, BOE member
- Mark Snyder, BOCES
- Ron Leonard, Transportation
- Jenice Jones, Cook/Manager
- Diane MacArthur, Cook/Manager
- Harold Van Horn, Head Maintenance
- Ann Marie Brown, Nurse
- Sharon Botsford, Nurse
- Shelly Kulis, Support Staff
- Mark Johnson, Guidance Counselor
- Catherine Murray, Teacher
- Diane Kulas, Teacher
- Michele Shaw, Teacher
- Steve Farkas, Community Member
- Tom Yale, Community Member

**Wellness Policy**

The Southern Cayuga Central School District is committed to providing a school environment that promotes and protects student health, well-being and ability to learn by supporting healthy eating and physical activity. Given the documented connection between proper nutrition, adequate physical activity and educational success, the board of education adopts the following goals and authorizes the following actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity

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### **Southern Cayuga School District Safety/Wellness Committee**

The Southern Cayuga School District Safety/Wellness Committee will create, strengthen, develop, implement, monitor, review and, as necessary, revise school district nutrition and physical activity plans. The School District Safety/Wellness Committee also will serve as a resource for implementing the plan. The School District Safety/Wellness Committee may consist of a group of representatives from the school and community, and will include students, parents, staff members, teachers, school nurses, cafeteria manager, health & physical education representatives and the superintendent or administrative designee.

#### **I. Foods and Beverages Available for Sale to Students on School Campus During the School Day**

The Southern Cayuga Central School District recognizes that a nutritious, well-balanced, reasonably portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all of foods and beverages available in school promote good nutrition, balance and reasonable portion sizes. The District shall ensure that all foods and beverages available for sale to students on school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at school, following state and federal nutrition guidelines, as well as safe food preparation methods.

School Meals – the district shall:

1. Include fruits, vegetables, salads, whole grains and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
4. Consider serving produce and food from local farms and suppliers.
5. Make free drinking water available at locations where meals are served.

Meal Scheduling – the district shall:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours (11:00 a.m. – 1:00 p.m.)

**Non-Instructional/Business Operations****SUBJECT: WELLNESS POLICY**

Foods and Beverages Sold Individually (e.g., a la carte, **vending machines, school stores**); the district shall:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine. Items sold within 30 minutes of the specific end-of-school-day bell (K-6 or 7-12) will be in compliance with nutrition standards.
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

Fund-Raising Activities – the district shall:

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine. Items sold within 30 minutes of the specific end-of-school-day bell (K-6 or 7-12) will be in compliance with nutrition standards.
2. Promote food items to sell or activities (physical or otherwise) in which to participate.
3. Student groups conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.
4. Outside organizations (e.g., parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

Celebrations – the district shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served by encouraging healthy options.
2. Promote the use of food items which meet the standards for competitive foods and beverages and promote non-food activities, and discourage foods and beverages which do not meet those standards.
3. Model the healthy use of food as a natural part of celebrations.

## **II. Physical Activity**

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families and community are encouraged to participate in and model physical activity as a valuable part of daily life. The district's physical education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

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Physical Education

1. Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements.
2. Physical education classes shall incorporate the appropriate NYS Learning Standards.
3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).
4. The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

1. Maintain daily allotment of recess time for elementary school.
2. Recess shall not be used for punishment or reward.
3. Consider scheduling recess before lunch.
4. If the district is under severe time or space constraints, consider combining recess and physical education, though such activity must comply with the requirements for physical education under Commissioner's Regulations section 135.4.

Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom.
2. If the district is under severe time or space constraints, consider meeting the state requirements for physical education through collaborative and integrative in-classroom activity, under the supervision of a physical education teacher.

Extracurricular Opportunities for Physical Activity

Promote clubs and activities that meet the various physical activity needs, interests and abilities of all students (e.g., walking, hiking and climbing, snowshoeing).

### **III. Nutrition Promotion and Education**

The Southern Cayuga Central School District believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader health education program shall incorporate the appropriate New York State Learning Standards.

The Board's goals for nutrition promotion and education include that the district will:

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1. Include nutrition education as part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens.
3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods and health enhancing nutrition practices.
4. Emphasize caloric balance between food intake and energy expenditure.
5. Teach media literacy with an emphasis on food marketing.

#### **IV. Other School-Based Activities**

The Southern Cayuga Central School District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events and offering wellness-related courses.

#### **Implementation**

The Board shall designate the Superintendent to be responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person to ensure that the wellness activities and actions are being implemented at each grade level (K-6, 7-12).

#### **Monitoring and Reviewing**

The District Wellness Committee shall report annually to the Board and the public on the implementation and effectiveness of this policy. Every two years, the Superintendent, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy and the specific objectives set to meet its goals, may be revised as needed.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public and the school board shall participate in the development, implementation and periodic review and update of this wellness policy.